

Full Report (All Nutrients) 45044339, AHOLD, NATURE'S PROMISE, PUMPKIN SPICE GRANOLA WITH FLAX, UPC: 688267033964

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer AHOLD

Nutrient	Unit	Data points	Std. Error	0.5 cup 51g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	220	431
Protein	g	--	--	5.00	9.80
Total lipid (fat)	g	--	--	7.00	13.73
Carbohydrate, by difference	g	--	--	35.00	68.63
Fiber, total dietary	g	--	--	4.0	7.8
Sugars, total	g	--	--	11.00	21.57
Minerals					
Calcium, Ca	mg	--	--	20	39
Iron, Fe	mg	--	--	1.44	2.82
Sodium, Na	mg	--	--	55	108
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	1.00	1.96
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

WHOLE ROLLED OATS, SUGAR, EXPELLER PRESSED CANOLA OIL, CRISP RICE (RICE, SUGAR, SALT, BARLEY MALT), RICE SYRUP, FLAX SEED, ORGANIC MOLASSES, CINNAMON, SALT. *Date Last Updated by Company:* 12/16/2015